

# Nitzanim

Pronunciation: neet-zah-neem  
Record: "Panorama Israeli Folkdance" - Tikva T-140  
Meter: 2/4  
Formation: Open circle, facing CCW. Hands joined down.

Nitzanim means "buds".

## MEASURE

## PATTERN

### FIGURE I

- 1-3 Moving in LOD, run six steps fwd - R,L,R,L,R,L.  
4 Jump on both feet, turning to face ctr, with feet apart (1). Leap on L across in front of R, traveling to R (2).  
5 Repeat meas. 4.  
6 Leap fwd R in LOD (1). leap fwd L in LOD (2). Hop on L, lifting R leg front (3).  
(Single 3/4 measure.)  
7-12 Repeat meas. 1-6.

### FIGURE II

- 1 Facing ctr, step on R in place (1). Hop on R, kicking L fwd (2).  
2 Step on L in place (1). Hop on L, kicking R back (2)  
3-4 Repeat meas. 1-2  
5 Step on R to R (1). Step slightly back L (2).  
6 Brush RF across in front of L (1). Hop on L (2).  
7-8 Four running steps - R,L,R,L -turning once in own circle CW.  
9-16 Repeat meas. 1-8.

Presented by Jana Rickel  
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